

5. What should I do if I get sick?

If you live in an area where people have been identified with novel H1N1 influenza and you become ill with influenza-like symptoms, you should stay home and avoid contact with other people. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you are severely ill or you are at high risk for flu complications, contact your health care provider. Your health care provider will determine whether flu testing or treatment is needed.

6. How do I prevent the spread of the novel H1N1 virus?

There are everyday actions that can help prevent the spread of influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue isn't available, cough or sneeze into your upper sleeve (not into your hands).
- Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities (your fever should be gone without the use of a fever-reducing medicine). Keep away from others as much as possible to keep from spreading the illness.

Other important actions that you can take are:

- Follow public health advice regarding school closures and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand cleaners, tissues and other related items can help you avoid making trips out in public while you are sick and contagious.

TA-119-0909

More Information

For information about vaccine or policy
 Military Vaccine Agency (MILVAX)
<http://www.vaccines.mil>
 e-mail: vaccines@amedd.army.mil
 Toll-Free: 877.GET.VACC

For medical advice about vaccinations
 DoD Vaccine Clinical Call Center
http://www.passporthealthmiami.com/DoD_Call_Center.html
 Toll-Free: 866.210.6469

For clinical management and referrals
 DoD Vaccine Healthcare Centers
<http://www.vhcinfo.org/>
 Toll-Free: 866-210-6469



H1N1 Flu



Novel H1N1 Influenza Facts For Service Members and Families

Disease

1. What is novel H1N1 influenza (flu)?

Novel H1N1 flu (also called "swine flu" or 2009 H1N1 flu) is a new strain of influenza virus. This new virus was first recognized in April 2009. Since that time it has spread throughout the world.

2. Is novel H1N1 influenza contagious? Yes.

- **How does novel H1N1 spread?**
 Novel H1N1 spreads from person-to-person in the same way that regular seasonal influenza viruses spread. When a person with the flu coughs or sneezes, other people may become infected with the droplets or by touching something with flu viruses on it and then touching their mouth or nose.
- **How long can an infected person spread novel H1N1 to others?**
 People may be contagious from 1 day before they develop symptoms to up to 7 days after they get sick. Children, especially young children, might be contagious for even longer.
- **How long can influenza virus survive on objects such as doorknobs, sinks and counters?**
 Influenza virus can survive and infect a person 2-8 hours after being deposited on the object.

3. What are the symptoms of novel H1N1?

The symptoms of novel H1N1 in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people who have been infected with this virus have also reported diarrhea and vomiting. The infection can cause mild to severe illness as well as life-threatening complications.

4. What can I do to protect myself from getting sick?

Get vaccinated. A novel H1N1 vaccine is currently in production and will be ready for the public in the fall. The vaccine to protect against seasonal influenza is already available. You should get both vaccines as soon as possible.

Vaccine

7. Will the seasonal flu vaccine also protect against the novel H1N1 flu?

No.

The seasonal flu vaccine does not protect against the novel H1N1 flu. For this reason, it is important to get both H1N1 and seasonal flu vaccines this year.

8. Can the seasonal vaccine and the novel H1N1 vaccine be given at the same time?

Yes.

Since the usual seasonal influenza viruses are still expected to cause illness this flu season, it is important to get the seasonal influenza vaccine as soon as possible. The novel H1N1 vaccine may be administered concurrently with the seasonal influenza vaccine. Both the novel H1N1 and the seasonal injected influenza vaccine (flu shot) can be given at the same time as other injectable non-influenza vaccines, but the vaccines should be administered at different injection sites.

9. Who is first in line to receive the novel H1N1 vaccine?

- Army personnel
 - Deployed and deploying forces
 - Critical support staff
 - Continuity of operations personnel
 - Healthcare personnel
- High risk beneficiaries
 - Pregnant women
 - Household contacts of children younger than 6 months
 - Healthcare and emergency medical services workers
 - Everyone 6 months to 24 years old
 - People 25 to 64 who have conditions that put them at higher risk of serious infection and death

10. What is the novel H1N1 vaccine?

It is an inactivated vaccine made with one strain of influenza called A/California/7/2009 (H1N1)v. Most individuals will require a single shot delivered intramuscularly.

11. Who should not get the vaccine?

- People who have a severe allergy to eggs
- People who have had a severe allergic reaction or other serious reaction to flu vaccine
- People who have developed Guillain-Barré syndrome within 6 weeks of getting an influenza vaccine
- Children less than 6 months of age
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated)
- People with a history of latex sensitivity

12. If I have been previously treated with antivirals, can I get the novel H1N1 vaccine?

Yes.

Antivirals do not interfere with Inactivated vaccines such as the H1N1 vaccine or the seasonal flu shot. (They can, however, interfere with the nasally administered seasonal flu vaccine; antivirals should be stopped 48 hours prior to receipt of the nasal vaccine and not used for two weeks afterwards.)

Side Effects

13. Will I get the flu from the novel H1N1 vaccination?

The viruses in the H1N1 flu shot are killed (inactivated), so you cannot get the flu from this shot.

14. If I have a health problem after vaccination, what do I do?

If a health problem occurs following any vaccination, seek medical care. If your symptoms persist, you or your provider may contact the DoD Clinical Call Center at 866.210.6469. Follow the information below to file a report with the Vaccine Adverse Event Reporting System (VAERS).

15. When do I file a VAERS report?

Severe illness following vaccination is reported to VAERS. Forms are available at <http://www.vaers.hhs.gov> or call 800.822.7967. Healthcare workers and vaccine recipients are encouraged to report events that require medical treatment or interfere with work or recreation. DoD requires VAERS reporting by healthcare workers for adverse events that cause hospitalization or missing work for 24 hours or more.

You or any healthcare provider treating you may contact the Vaccine Healthcare Centers (VHC) Network at 866-210-6469 (24-hour toll free) or at <http://www.vhcinfo.org> for a vaccine adverse event consultation or help with preparing a VAERS report.

Special Questions

16. What if I'm pregnant?

Pregnant women and newborns are at risk for influenza complications, and all women who are pregnant or may become pregnant during influenza season should receive both the seasonal flu shot and the H1N1 shot. The live, nasal spray vaccine for seasonal flu is not licensed for use in pregnant women.

- Prepare for H1N1 flu the same way you do for seasonal flu.
- Get vaccinated as soon as you can. You'll need both H1N1 and seasonal flu vaccines.
- Take everyday steps to protect your health:
 - Wash your hands often
 - Cover your nose and mouth when you cough or sneeze
 - Avoid touching your eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with sick people.
- Stay home if you are sick.



To Civilian Healthcare Providers: If a Reservist or Active Duty Service member contacts you with a condition that may be an adverse event caused by a military vaccination, please provide care. For authorization and payment, contact the Military Treatment Facility where the member is enrolled, or contact the Military Medical Support Office of the TRICARE Management Activity.